



I authorize my Rides & Strides Registration Fee / donation to be made through payroll deduction on (check one):

_____ September 21st _____ October 5th _____ October 19th

In the amount of:

_____ \$30.00 (Run/Walker)

_____ \$95.00 (Cyclist)

\$ _____ Donation

\$ _____ Total

Print Name: _____ Employee #: _____

Email Address: _____

Mailing Address: _____

Phone #: _____ Age: _____ Sex: _____

Shirt Size (circle one): S M L XL XXL

Signature: _____

Date: _____

Please return completed form to the Foundation Office by September 29th. For more information contact Foundation Events Manager, Nicole Martinez, Ext. 2775

Montefiore Nyack Foundation Board of Directors